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2006 OCT 24

OFFICE OF THE
SECURITIES AND EXCHANGE COMMISSIONJ Sainsbury plc
33 Holborn
London
EC1N 2HTTelephone 020 7695 6000
www.j-sainsbury.co.uk

Securities and Exchange Commission
Office Of the International Corporate Finance
Room 3094 STOP 3-6
450 Fifth Street N.W.
Washington DC 20549
USA

Ext: 020 7695 6378
Fax: 020 7695 6378
Date: 11 October 2006



06017974

SUPPL

Dear Sir

J Sainsbury Announces: Fidelity's Change of Holdings in the Company to below 3%.

Please find enclosed copies of the above announcement made to the London Stock Exchange on 11th October 2006.

Yours sincerely

PP.

Hazel Jarvis
Deputy Secretary

Enc

PROCESSED

NOV 02 2006

THOMSON
FINANCIAL

Registered office as above
Registered number 185647 England

J Sainsbury plc

J Sainsbury plc received notification on 11 October 2006 that Fidelity International Limited and its direct and indirect subsidiaries no longer had a reportable interest in the Company's share capital.

End

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OFFICE OF THE SECRETARY OF
CORPORATE FINANCE

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